

ABSTRACT

In a first aspect, an apparatus for use in light therapy is provided that includes (1) at least one light emitting diode array adapted to emit a wavelength of light; and
5 (2) a targeting mechanism coupled to the at least one light emitting diode array so as to allow light emitted from the at least one light emitting diode array to be repeatably positioned on a target area during non-contact light therapy. Numerous other aspects are provided.